

FEELINGS

When I'm connected to my needs:

Affectionate	Content	Excited	Interested	Optimistic	Satisfied
Amazed	Curious	Fulfilled	Intrigued	Peaceful	Tender
Appreciative	Delighted	Grateful	Joyful	Passionate	Thankful
Calm	Encouraged	Happy	Mellow	Rejuvenated	Thrilled
Centered	Energetic	Hopeful	Moved	Relaxed	Touched
Confident	Engaged	Inspired	Open	Relieved	Tranquil

When I'm wanting more connection to my needs:

Afraid	Cranky	Furious	Insecure	Puzzled	Tired
Angry	Depressed	Frustrated	Irritated	Reluctant	Torn
Annoyed	Disappointed	Grumpy	Lonely	Resentful	Troubled
Anxious	Discouraged	Guarded	Lost	Sad	Uncomfortable
Ashamed	Distracted	Hopeless	Nervous	Scared	Unhappy
Bored	Embarrassed	Hurt	Numb	Stressed	Upset
Concerned	Envious	Impatient	Overwhelmed	Shocked	Vulnerable
Confused	Exhausted	Indifferent	Perplexed	Suspicious	Worried

NEEDS

CONNECTION	CELEBRATION	PURPOSE	WELL-BEING
ACCEPTANCE	ALIVENESS	CONTRIBUTION	BALANCE
ACKNOWLEDGEMENT	FUN & PLAY	DISCOVERY	CLARITY
APPRECIATION	JOY	EFFICIENCY	EASE & COMFORT
BELONGING		GROWTH	HARMONY
COMMUNITY	INTEGRITY	INSPIRATION	HEALTH
COLLABORATION	ACCOUNTABILITY	LEARNING	HOPE
COMPANIONSHIP	AWARENESS	MEANING	MOURNING
CONSIDERATION	CONGRUENCE	STIMULATION	NATURE
COOPERATION	DEPENDABILITY		ORDER
EMPATHY	DIGNITY	SELF-EXPRESSION	PEACE
FLEXIBILITY	EQUALITY	AUTHENTICITY	PREDICTABILITY
FRIENDSHIP	HONESTY	AUTONOMY	PRIVACY
INCLUSION	RESPECT	CHOICE	PROTECTION
KINDNESS	TRUST	COMPETENCE	REST
MUTUALITY		CREATIVITY	SAFETY
PARTICIPATION	LOVE	EFFECTIVENESS	SECURITY
REASSURANCE	AFFECTION	FREEDOM	SELF-CONNECTION
RECIPROCITY	CARE	HUMOR	SELF-WORTH
RESPONSIBILITY	CLOSENESS	MOVEMENT	SPACE
SHARED REALITY	COMPASSION	SEXUAL EXPRESSION	SPONTANEITY
SHARED VALUES	GENTLENESS	TO BE HEARD	STRUCTURE
SUPPORT	INTIMACY	TO BE KNOWN	SUSTENANCE
UNDERSTANDING	NURTURANCE	TO BE SEEN	TO MATTER